

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

Claims 1-69 (cancelled).

70. (Currently amended) A method for the selection and preparation of an effective antisense oligonucleotide for a nucleic acid comprising the steps of

- designing an antisense oligonucleotide corresponding to a target nucleic acid sequence, such that
 - a) the antisense oligonucleotide comprises at least 8 nucleic acid residues,
 - b) the antisense oligonucleotide comprises a maximum of twelve elements, each being a nucleotide of the twelve elements being capable of forming three hydrogen bonds to cytosine bases,
 - c) the antisense oligonucleotide does not contain four or more consecutive elements within the target nucleic acid sequence,
 - d) the antisense oligonucleotide does not contain two or more series of three consecutive elements within the target nucleic acid sequence, and
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